

## **For Other Survivors**

My soul absorbs  
the pain of others.  
I don't think that I  
am the only one.  
I feel amazed  
by the strength  
of others.  
I feel inspired  
that others survive  
and shine,  
and face their own  
new days.

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## COLOURFUL DARKNESS

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# **Inside My Mind**

enclosed

inside my mind  
a terrified child  
still finding her way  
still learning  
hurting  
hoping  
seeking release  
finding her own ways  
to face a new day  
to embrace a new day  
seeking peace

# Dreams and Illusions

coloured lights  
swirling  
through her mind  
tonight  
splashes of vibrant  
paint upon the night sky  
upon a canvas of ebony  
a night filled with dreams and illusions  
which dissolve into  
darkness  
pure darkness and delusions  
obsessions and confusion  
swirling whirling  
coloured lights  
that dance through her mind  
tonight

# **Carousel**

around and around  
on the carousel  
spinning  
around and around  
merry-go-round  
multi-coloured dreams  
vibrant darkness  
the colours of confusion  
around and around  
the endless circles  
cycles  
horses longing for  
the wild  
longing to run  
far away  
leave this fairground ride  
of psychedelic craziness  
behind  
to feel their manes caressing the wind  
their spirits embracing the speed  
the freedom  
around and around  
endless cycles  
on the carousel of dreams

# Pastel Shades

Hope sometimes comes to us  
in pastel shades.  
It isn't always  
either  
black or white,  
or even grey.  
I feel that hope,  
when needed most,  
will often be  
revealed in  
pastel shades.



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